

# The Quinceañera Program Evaluation

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## Background

The Quinceañera Program is a healthy relationship & abstinence education program for Hispanic youth ages 12-15 and their parents and family. It gives the participants a chance to reflect on what a quinceañera means as a rite of passage.

### Participants explore topics including:

- . Character development
- . Love, dating, and relationships
- . Peer pressure and refusal skills
- . Goal setting
- . Healthy choices
- . Communication with their parents and peers
- . Consequences to early sexual involvement
- . Benefits of sexual abstinence until marriage

## Objectives

1. Participants who receive abstinence education will demonstrate greater gains in abstinence intentions, parental support, refusal skills, parent/child quality of communication especially concerning abstinence and sexual issues, and knowledge of avoiding pregnancy and of STDs/STIs.
2. Immediately after participating in abstinence education, participants will be more likely to practice or reestablish sexual abstinence than youth not receiving the program.

## Methods

### **TREATMENT GROUP:**

**Who:** 12 – 15 year old Hispanic girls and their parents

**What:** Lessons on abstinence, relationship education, and character development

**When:** 8 weekly, 3-hour sessions

**Where:** 6 treatment sites: churches or community centers

### **CONTROL GROUP:**

**Who:** 12 – 15 year old Hispanic girls and parents

**What:** Seminar on planning a Quinceañera

**When:** A one-time, one-hour seminar

**Where:** 6 control sites: churches or community centers

## Instrumentation

Pre- and post-program surveys for both youth and parents, plus annual follow-up surveys

### **YOUTH:**

- . AFL Core Instrument for Baseline & Follow-up
- . FRIENDS FIRST Baseline Survey
- . FRIENDS FIRST Follow-up Survey

### **PARENTS:**

- . FRIENDS FIRST Parents Baseline Survey
- . FRIENDS FIRST Parents Follow-up Survey

## Lessons Learned

It is important for the population we are serving that we have significant buy-in from the leadership of the group (e.g. the parish priest) and that this person is communicating with those surveyed to insure that they take both pre- and post-test surveys. Also, sufficient incentives must be available for the control group.

## Limitations

In this pilot period, a relatively small N size has temporarily lessened our ability to find statistical significance in program success vs. the control group. We look forward to at least doubling our N in the coming year.

## Quantitative Findings

### T tests showed the program group at post-test was significantly improved from the pretest:

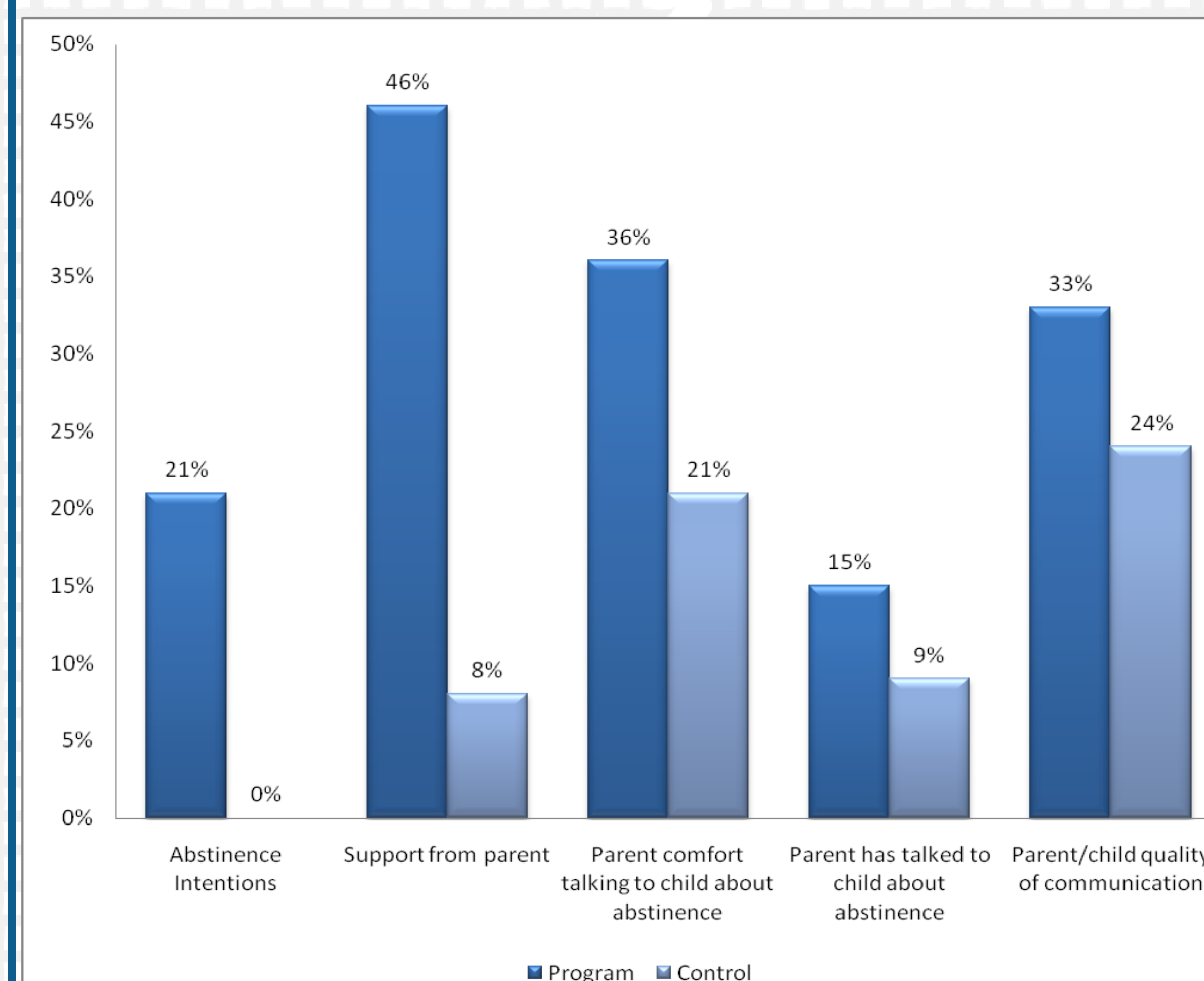
- . Abstinence intentions ( $p=.006$ )
- . Support from parent ( $p=.0001$ )
- . Parent comfort talking to child about abstinence ( $p=.001$ )
- . Parent has talked to child about abstinence ( $p=.016$ )
- . Parent/child quality of communication ( $p=.004$ )

### Parent/Child quality of communication significantly improved

(eta effect size = .31) from being in the program group (vs. the control group)  $F(1,67) = 6.92, p = .01$ .

The qualitative interviews triangulated the quantitative results, which shows the ability of the program to improve the quality of parent-child communication.

% Gains of the Program vs. Control Group



## Qualitative Findings

Nine parent participants were interviewed in their homes to reveal program benefits and challenges. All of the parents said that the program was a significant benefit to their daughters and them.

### Most common benefits:

- . Marriage & abstinence values reinforced by teachers and peers
- . Valuable information about pregnancy and STIs
- . Youth more willing to communicate with parents
- . Quality of communication improved
- . Learned refusal skills; can avoid peer pressure
- . Enjoyed program activities such as role playing



# Lessons Learned

It is important for the population that we are serving that we have